



FIT CITY MONTHLY CHALLENGE – JULY

Drink Lots of Water!



San Antonio, TX – July 17, 2002 – H2O... The Only Way to Go. Here we go again into another hot Texas summer. In order to maintain health and energy while the temperatures are soaring, water, and plenty of it, should be the number one drink of choice not only during the summer months, but all year long. Here are a few good reasons why:

First, is dehydration. If you wait to drink until you're thirsty, chances are your body has already begun to dehydrate. On a daily basis, the body needs one quart of water for every 50 pounds (lbs.) of body weight. For a 150 pound individual, that means about twelve cups or 96 ounces of water each day. If you're exercising for extended periods, a high quality sports drink can also be used. Even mild dehydration can produce symptoms such as headaches, dry eyes, drowsiness, loss of concentration and irritability.

Second, is weight control. Water is very important for individuals trying to lose weight. It suppresses the appetite; prevents and relieves water retention; assists the body in metabolizing stored fat; and helps reverse chronic fatigue, digestive problems, urinary tract problems and sleep apnea. If you're exercising to lose weight, the American College of Sports Medicine recommends 6 ounces water for every 15 minutes of exercise.

What about other fluids? Caffeinated, alcoholic and many carbonated beverages have a diuretic effect and actually increase the body's daily requirement of water. Soft drinks have an average of 10-15 teaspoons of sugar and are being consumed at an alarming rate, especially among children and teens. The consequences are obesity, diabetes and tooth decay.

For more information on the "Fit City" initiative and to learn about past Fit City Monthly Challenges, visit www.sanantonio.gov/fitcity. Past messages include "Measure your waist," "Calculate your BMI" and "Get out and Play with your kids!"

Health Tips for the Month:

- Keep a thermos jug at your desk at work so water is always cold and available
- Mix sparkling mineral water and fruit juice for children to drink at home
- Pack flavored sparkling water in children's summer camp lunches
- Pack a thermos or water bottle in a back pack for outdoor activities

July Activities

Join Walk San Antonio! It is a **FREE** physical activity program sponsored by the Texas Diabetes Institute to get you exercising 30 minutes at least three times a week. Call 358-7278 or visit www.sanantonio.gov and check out the Fit City information!

Check out the San Antonio Parks and Recreation **FREE** Summer Youth Recreation Program . Open to youngsters ages 6 to 19, the program is offered Monday through Friday at nearly 75 sites this summer, including Parks and Recreation Department's year-round community centers. The summer sites will run from 8 a.m. to 5:30 p.m. The year round centers will remain open until 8 p.m. Call 207-3000 or visit www.sanantonio.gov/sapar to find out what sites are in your neighborhood.

July 4 – Freedom 4 Miler Run – Lindberg Park, Kelly USA at 8 a.m. 822-2800 or <http://sarunner.home.texas.net>

July 6 – First Saturday Natural History Guided Hike – Friedrich Wilderness Park, 21395 Milsa Road, 9-11 a.m. Register by 2 p.m. July 5th. \$2 donation. 698-1057

July 6 – San Antonio Road Runners Fun Runs at Al Backen Pavilion, McAllister Park, 8:30 a.m. **FREE** runs are 3 miles, 1 mile, ½ mile, and 100 yard kids' run. 681-1657 or <http://sarunner.home.texas.net>

July 13 – All Women's 5K Walk/Run. Lincoln Heights Mall (corner of Basse and Broadway) at 8 a.m. 696-4664 or <http://sarunner.home.texas.net>

July 13 – Second Saturday Summer Morning Hike – Eisenhower Park, 19399 N.W. Military, \$3 per person or \$5 per family. 698-1057

July 15-19 – Crystal Ice Palace Hockey Camp. 12332 IH 10 West at DeZavala. 696-0006 or www.iceplay.com

July 22-August 2 – Learn to Skate Camp. 8:30-10 a.m. Monday through Friday. 12332 IH 10 West at DeZavala. 696-0006 or www.iceplay.com

July 27-28 – “Diabetes & the Rhythm of Life” by the DAR (Diabetes Assistance and Resources) Program. It is a bilingual musical focusing on common beliefs, attitudes and behaviors in the Hispanic culture regarding diabetes. It revolves around a family encountering the challenges of living with diabetes. July 27 – 7:30p.m. July 28 – 2 p.m. Edgewood Academy Auditorium, 607 S.W. 34th Street. Sponsored by the American Diabetes Association.